

What is Physicians' Primary Care?

Physicians' Primary Care is a physician-owned and operated medical practice that provides care in the following specialties. Medical services are available 24 hours a day, seven days a week.

Family Practice – Our physicians, physician assistants, and nurse practitioners provide medical services to patients of all ages. Our focus is on prevention of disease as well as treatment of chronic conditions to achieve the highest quality of life possible.

Internal Medicine – Dr. Vincent Azzara specializes in internal medicine to adult patients, including senior citizens. He provides comprehensive health care with priority on prevention and treatment of chronic conditions.

Obstetrics and Gynecology – Our physicians and midwives provide services to female patients from adolescents to adults. We perform less invasive procedures such as supracervical hysterectomy and endometrial ablation. We also perform testing for urinary incontinence in our office. Saturday appointments are available in some locations for prenatal and gynecologic care.

Pediatrics – Helping infants and children remain healthy is the goal of the pediatrics division, which has three offices in Fort Myers, Cape Coral, and Lehigh Acres. In addition to Monday through Friday office hours, weekend and holiday hours are available for emergencies at our Fort Myers office.

Meet Our Family of Medical Professionals

FAMILY PRACTICE

Joanna C. Muller-Carioba, M.D.
Charles H. Curtis, M.D.
Paul B. Engel, M.D.
F. Richard Kirley, M.D.
Christine Mackie, M.D.
Alejandro N. Martinez, M.D.
Barry J. Sell, M.D.
Joseph A. Testa, M.D.
Jerry V. Thomas, M.D.
Dean S. Traiger, M.D.
Michael S. Verwest, M.D.
Scott E. Wiley, M.D.
Jeanne Abdou, A.R.N.P.
Jane Phillips, P.A.
Kevin Poelker, P.A.

OBSTETRICS & GYNECOLOGY

Heather V. Auld, M.D.
David H. Brown, M.D.
Randall P. Cowdin, M.D.
Sarah A. DiGiorgi, M.D.
Anita Del Bianco, M.D.
Ariel Figueredo, M.D.
Kevin M. Fleishman, M.D.
Paul J. Joslyn, M.D.
Blaise M. Kovaz, M.D.
Sarah H. Krauss, M.D.
Stuart Don Levy, M.D.
Rex E. Stubbs, Jr., M.D.
Mary C. Yankaskas, M.D.
Nancy McGlasson, A.R.N.P.
Diane Byrd, C.N.M.
Denise Staerker, C.N.M.
Susan Yeomans, C.N.M.

INTERNAL MEDICINE/ FAMILY PRACTICE

Vincent A. Azzara, D.O.
Douglas S. Hughes, D.O.
Robert B. Maggiano, D.O.
Timothy J. Snodgrass, D.O.

PEDIATRICS

John W. Bartlett, M.D.
Bruce H. Berget, M.D.
Eleanor Crawford Blitzer, M.D.
Nuel Celebrado, M.D.
E. G. Guttery III, M.D.
R. Nathan Landefeld, M.D.
M. Annabelle Martin, M.D.
Avanee Master Lobo, M.D.
Manuel J. Mon, M.D., Ph.D.
John Ritrosky, Jr., M.D.
Georgia Rocha-Rodriguez, M.D.
Stanley L. Wiggins, M.D.
Susan Bengtsson, A.R.N.P.

Physicians'
Primary
Care
OF SOUTHWEST FLORIDA

Let OUR Family Take Care of YOUR Family

Physicians' Primary Care of Southwest Florida
NINE OFFICES TO SERVE YOU BETTER

Cape Coral Family Practice Office

1255 Viscaya Parkway • Cape Coral, FL 33990
(phone) 574-1988 • (fax) 574-1435

Cape Coral Family Practice Office

1304 S.E. 8th Terrace • Cape Coral, FL 33990
(phone) 574-7344 • (fax) 574-7765

Cape Coral OB/GYN Office

1265 Viscaya Parkway • Cape Coral, FL 33990
(phone) 574-2229 • (fax) 574-2762

Cape Coral Pediatric Office

1261 Viscaya Parkway • Cape Coral, FL 33990
(phone) 573-7337 • (fax) 574-5883

Fort Myers Family Practice/Internal Medicine Office

6160 Winkler Road • Fort Myers, FL 33919
(phone) 482-1010 • (fax) 481-1481

Fort Myers Pediatric Office

9350 Camelot Drive • Fort Myers, FL 33919
(phone) 481-5437 • (fax) 481-0570

Lehigh OB/GYN Office

3507 Lee Blvd. • Lehigh Acres, FL 33971
(phone) 303-2328 • (fax) 433-3270

Lehigh Pediatric Office

5624 8th Street W, Suite 108 • Lehigh Acres, FL 33971
(phone) 368-7050 • (fax) 368-1331

Park Royal OB/GYN Office

9021 Park Royal Drive • Fort Myers, FL 33908
(phone) 432-5858 • (fax) 432-6297

www.ppcswfl.com

To find a physician near you, visit our web site at
www.ppcswfl.com or call (239) 275-5522

SPRING 2008

Physicians'
Primary
Care
OF SOUTHWEST FLORIDA

Communicator

A quarterly publication for patients and families of Physicians' Primary Care

New Cape Coral Office Opens; One Campus for All Medical Needs

Physicians' Primary Care of Southwest Florida has opened a new Family Practice office in Cape Coral, and now has all of its Cape Coral offices on one campus.



New Cape Coral Family Practice Office

“For the convenience of our patients, we now have Family Practice, Pediatrics, and Obstetrics and Gynecology on one campus within easy walking distance of each other,” said Diane Hoxsey, Director of Special Operations.

The new office is located at 1255 Viscaya Parkway and replaces the Family Practice office located just down the street at 1501 Viscaya Parkway. The office phone number is 574-1988.

“These new quarters will help us keep up with the growth in Cape Coral and Pine Island as well as ac-

commodate the new patients we're seeing,” Hoxsey said.

The new 17,000 square foot facility includes 31 examination rooms and space for 11 physicians.

Physicians who practice at the new office include Dr. Joanna Carioba, Dr. Charles Curtis, Dr. Paul Engel, Dr. Richard Kirley, Dr. Alex Martinez, Dr. Barry Sell, Dr. Jerry Thomas, Dr. Michael Verwest, Dr. Scott Wiley, and Physicians' Assistants Jane Phillips and Kevin Poelker.

Dr. Joseph Testa has moved to Physicians' Primary Care's Adult Medicine office at 1304 S.E. 8th Terrace in Cape Coral, which is just a few steps away from the rest of the Cape Coral campus.

This is the third major expansion of Physicians' Primary Care facilities in the past year. A new medical office for obstetrics and gynecology opened in Fort Myers last April at 9021 Park Royal Drive just north of the HealthPark entrance on Summerlin Road in Fort Myers. A new OB/GYN office also opened in Lehigh Acres in January to serve the growing Lehigh Acres population.

Let OUR Family

Take Care of YOUR Family

Physicians' Primary Care of Southwest Florida is happy to accept new patients. If you have a family member or a friend who is looking for a physician, please ask him or her to call us at one of the locations listed on the back of this newsletter.

We would love to add them to our family of patients!



Dr. Avanee Master Lobo

Children Need Special Care To Prevent Dehydration

Dehydration can be a serious problem for young children and babies, resulting from the body not taking in enough fluids or losing too much fluid through vomiting, diarrhea or fever.

“It is both preventable and treatable, but parents need to address the problem right away in young children,” said Avanee Master Lobo, M.D., a pediatrician with Physicians’ Primary Care. “Children under 5 are especially vulnerable to dehydration because their bodies are small. It’s doesn’t take much fluid loss to get their electrolytes out of balance.”

The U.S. Food and Drug Administration estimates that 500 American children die annually from dehydration caused by diarrhea.

Dehydration is most often caused by a viral infection that causes fever, diarrhea, vomiting, and a decreased ability to eat or drink. Sometimes, mouth sores or ulcers make it painful to eat or drink, which can also make dehydration worse. Some diabetes

medications can cause fluid loss as well.

“Symptoms include decreased energy or playfulness, a dry sticky mouth, sunken eyes, no tears while crying, dark yellow urine, a child in diapers failing to wet every two to three hours, and decreased urine output for an older child,” Dr. Master Lobo said.

The best therapy for children with mild dehydration is oral rehydration therapy (ORL) that parents can administer at home, Dr. Master Lobo said.

Products such as Gatorade, Pedialyte or Infalyte are available at most grocery stores or pharmacies and can be used to replace fluids. The key is to administer them slowly, especially if the child is vomiting.

“Parents should administer one teaspoon every two to five minutes. A syringe can be used for infants. Water and fruit juices are not good choices,” Dr. Master Lobo said.

More severe cases may require fluids to be administered intravenously.

When in doubt, parents should call their child’s pediatrician immediately, Dr. Master Lobo said.

NEW OB/GYN OFFICE Opens in Lehigh Acres

Physicians’ Primary Care of Southwest Florida has opened a new medical office in Lehigh Acres for obstetrics and gynecology.

The new Ob/Gyn office at 3507 Lee Blvd. is the second medical office operated by PPC in Lehigh Acres. The multi-specialty practice already operates the Lehigh Pediatrics Office at 5624 8th Street West in Lehigh Acres.

Mary Yankaskas, M.D., managing physician for PPC, said the new office is needed to serve the growing population of Lehigh Acres.

“Our female patients now will be able to receive maternity and gynecologic care as well as care for their children without leaving their own community,” Dr. Yankaskas said.

Dr. Sarah A. DiGiorgi and Dr. Ariel Figueredo are practicing at the new Lehigh Ob/Gyn office and are accepting new patients.

◀ New Lehigh Office



Getting Back That LOVING FEELING



Dr. Sarah A. DiGiorgi

Betty is a 40-ish married mother of two with a professional career, who has simply lost interest in sex.

Betty is not alone. According to a survey sponsored by the National Institutes of Health, 43 percent of women report sexual dysfunction ranging from inability to have orgasms to having no sexual desire at all.

“It is the number one question that I am asked by patients,” said Sarah A. DiGiorgi, M.D., an obstetrician/ gynecologist with Physicians’ Primary Care. “They want to know if it is normal that they have no sex drive and what they can do about it.”

Fortunately for Betty and other women, Dr. DiGiorgi said the libido can be restored, although it may take a combination of remedies related to both the mind and body.

“Sex is a complicated thing. What is a problem for one couple may not be a problem for another.

Redefining what is a normal sex life for a particular relationship is very important,” Dr. DiGiorgi said.

Desire can wane for a number of reasons including post-childbirth exhaustion, the onset of menopause, stress, or problems within the relationship. Use of antidepressants and other drugs, such as birth control pills and blood pressure lowering drugs, also can be the culprit.

If the problem is physical, Dr. DiGiorgi said medications can be adjusted, vaginal lubrication products can be recommended, or herbal products can be used.

“To truly attempt to improve one’s libido, communication is essential between partners. Even though there is no secret bullet to fix sexual desire, there are many options available for those who are willing to try,” Dr. DiGiorgi said.

She advises couples to do things that help build intimacy, such as look into each other’s eyes, take a walk together, tell your partner what you need to feel aroused, or talk about redistribution of the workload, if that is a problem.

Dr. Traiger Elected President Of Lee County Medical Society



Dr. Dean S. Traiger

Dean S. Traiger, M.D., a family practice physician with Physicians’ Primary Care, has been elected president of the Lee County Medical Society for 2008.

The Lee County Medical Association is a professional organization of 500 physicians who practice in Lee County. Only doctors of medicine or osteopathy in Lee County are eligible for membership.

“I am very honored to be selected by my peers to lead them this year and look forward to uniting area physicians in our common goal of providing superior health care to the people of Southwest Florida,” Dr. Traiger said.

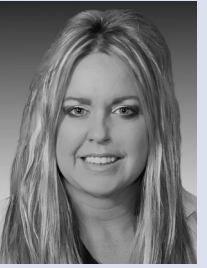
Dr. Traiger joined Physicians’ Primary Care in 2000 and practices at PPC’s Adult Medicine office at 1304 SE 8th Terrace in Cape Coral. He received

his M.D. degree from Technion University – Israel Institute of Technology in Haifa, Israel, and received special training at North Shore-Long Island Jewish Hospital System at Glen Cove, N.Y.

Dr. Traiger served as president-elect of the Lee County Medical Society in 2007, treasurer in 2006, secretary in 2005, and as member of the Board of Governors in 2003-04. He also was a Lee County delegate to the Florida Medical Association 2002-06, and was a member of the Lee County Disaster Planning Committee for four years.

What You Need to Know About the “SUPERBUG” Staph Infection

by Jane Phillips, P.A.



Jane Phillips, P.A.

There has been extensive media coverage recently about the “superbug” staph infection that is spreading throughout the community, especially in high school locker rooms. This “superbug” is known as methicillin-resistant staphylococcus aureus (MRSA).

Normally, staph bacteria, like other common bacteria, can live on skin and in the nose of many people without causing any infection. MRSA is different from these other types of staph bacteria because it has built up an immunity to the antibiotics doctors usually use to treat staph infections, such as methicillin and penicillin.

How does one get this MRSA infection? When I was employed as a microbiologist in a clinical reference lab years ago, the majority of MRSA was acquired in a hospital or clinical setting that was not a part of the patient’s original admitting diagnosis. Patients in these types of settings are more susceptible to infections like MRSA due to being elderly, having weakened immune systems, or other complications like diabetes or post surgical situations.

Recently, however, this infection has made its way into the community and is now termed “community-based methicillin resistant staphylococcus aureus” or CA-MRSA. These infections are spread via skin-to-skin contact with someone who has MRSA,

especially those who are in close contact with each other like sports teams and in locker rooms.

It can also be spread by touching contaminated surfaces or objects like computers and countertops.

This bacteria most commonly enters the skin through an open wound or burn or any other compromise in the skin, even the mucous membranes. It is not, however, spread through the air like the common cold, unless a person has MRSA pneumonia and is actively coughing.

How do you know if you have an MRSA infection? Most patients complain of a “spider bite” to the skin or a skin eruption that started as a “small pimple.” This skin eruption rapidly increases in size and can form an abscess. This infection can also lead to a more severe condition known as cellulitis or even lymphangitis (red streaking).

Both of these more serious conditions require medical treatment, usually consisting of incision and drainage of the abscess, if possible, hot packs and oral antibiotics.

To avoid an infection such as MRSA, good hygiene is important, such as frequent hand-washing. Following the simple tips shown here should greatly decrease the chance of acquiring an MRSA infection.

Protecting Your Family From MRSA Staph Infections

- Wash your hands often using soap and water for at least 15 seconds each time
- Carry alcohol-based instant hand sanitizers with you for times when you can’t wash your hands
- Keep any broken skin clean and covered with a bandage
- Don’t share razors, towels, clothing or other items that come in contact with bare skin
- Clean shared sports equipment with antiseptic solution before each use or use a barrier such as clothing or a towel between your skin and the equipment
- Wipe frequently touched surfaces such as countertops, computers, and doorknobs with disinfectant

Call Physicians’ Primary Care if:

- You have an area of skin that is red, painful, swollen, and/or filled with pus
- Your skin is inflamed and you also are feverish or feel sick
- Skin infections seem to be passing from one family member to another or if two or more family members have skin infections at the same time

Source: American Academy of Family Physicians